

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Health Education High School Syllabus 2023-2024**  
**Ms. Signorino Room 155**

Welcome to Health Class!! 😊 **Health Education is a requirement for graduation in New York State. You must earn ½ a credit in grades 9-12 by passing the course with a 65% or higher as well as complete required state mandates.** You will be able to apply and use the information and skills you learn in health class this year throughout your entire life.

**Course Content and Objectives:** The objective of this course is to enable you to accumulate the knowledge and skills to promote a healthy lifestyle starting now and into adulthood.

**Health Skills:** Self-Management, Relationship-Management, Communication, Decision-Making, Planning and Goal-Setting, Stress-Management, Advocacy

**Health Functional Knowledge:** Physical Activity and Nutrition, HIV/AIDS, Sexual Risk, Tobacco, Alcohol and Other Drugs, Opioids and Prescription Drugs, Family Life and Sexual Health, Unintentional Injury/Hands-Only CPR, Violence Prevention, Mental and Emotional Health.

**Health Class Materials:**

- ★ Pen/Pencil/Highlighter
- ★ Folder
- ★ Chrome book
- ★ Headphones

**Contact Information:**

Ms. Signorino  
**E-mail:** stacey.signorino@rcsdk12.org  
**Cell:** 585-678-1729 (text preferred)  
**Phone:** 585-467-3131 ext 1550

**Academic Expectations:** ALL assignments count towards your grade. This class will require you to write, research, think critically, participate (individually and in groups), and do some public speaking. Please speak with me in advance if you are having difficulty with any part of this class. **Do not wait until the last minute!!**

**Assignment Guidelines:**

All assignments MUST be TURNED IN or “Marked Done” on Google Classroom or it will not be graded. DO NOT share assignments with me. Please attach it to the assignment in Google Classroom. Anything turned in late will lose points. If you need extra time on an assignment please see me, or text or e-mail me.

**Attendance Policy:** If you are absent from class it is your responsibility to make up the work and you must have a legal excuse for your absence. Illegal absences (skipping) count as a “0.” You may make up the work, but will not earn full credit.

Other policies can be found on my website as well as google classroom.



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Dear Parents and Guardians:

Your scholar is taking Health Education this year. Health is a required course in both middle and high school. Part of the Health Education Curriculum is teaching Human Sexuality and Family Life. Our health curriculum has been developed by District staff, parents and community partners and was approved by our District Board of Education and Health Advisory Council. The curriculum was written to meet New York State Standards and provide students with information about human development, sexuality and family life.

In developing the program we have taken care to respect the primary role of the family in teaching young people about sexuality. The health curriculum is intended to support, not substitute for, the information and understandings, which you, as parents or guardians, provide your teenagers at home.

If you wish, you may request that your child be excused from the teaching of the Human Sexuality and Family Life Curriculum, with the exception of the teaching of the nature and transmission of HIV/AIDS. This written request must be filed with your school principal. In addition, the district will ask health teachers to build the following into their instruction:

- ❖ Health teachers will be available to meet with students individually to discuss topics covered in the program.
- ❖ Health teachers will provide an opportunity for students to submit written questions anonymously. Teachers will use their discretion in determining how the questions will be answered.
- ❖ Before beginning instruction, each health teacher will explain to the class that any student has the right not to take part in a group activity or discussion if the topic makes him or her feel uncomfortable.
- ❖ Health teachers will be aware of and sensitive to their students' cultural and religious beliefs and values.

You are invited to contact your child's health teacher and make an appointment to review the curriculum materials being used. Our District believes that with this curriculum our students will make informed health decisions leading to a healthy lifestyle and academic success.

Sincerely,

**Cameron Johnson**

Cameron Johnson, Executive Director  
Health, Physical Education & Athletics

**Chris Corey**

Chris Corey Director of PE and Health

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Day: \_\_\_\_\_

### Student's Promissory Note to the Health Classroom

I, \_\_\_\_\_ (full name), have read the following Health Syllabus. I understand and will abide by the rules and procedures of this classroom that we agree upon. It is my goal as a student to learn, create a respectful environment for others, and most of all have fun while learning the health topics and skills. I promise to work to the best of my ability, and value my education as well as the education of my peers in this classroom. **I understand that I must pass health class in order to graduate from high school.** I also agree to the confidentiality rule: (Anything that anyone says or discusses in class is confidential. That means that you DO NOT repeat it to anyone outside of class. The only exceptions to this rule are cases of abuse on self or others, and suicide, in which Ms. Signorino is required by law to report). Parental Involvement is welcomed!

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Parent Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

How would you PREFER like to be contacted?

☐

Text

☐

Email

☐

Phone call

**Expectations of Teacher-** Signed: *Ms. Signorino*

- Students and parents can expect the teacher to be professional and content knowledgeable
- Grading done by the teacher will be unbiased and fair.
- Students and parents can expect to be treated in a respectful manner by the teacher.
- The teacher is also available to talk to parents and students about any class issues or concerns.

